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Hubbie's Spicy Light Soup



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Yes you heard it right, made by the ol'man himself. The most delicious most manly soup ever!!

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This is definitely a family favorite and is always requested. It does take a little more time than I would like but it is well worth the wait. All you need. This can be made with chicken, beef, lamb or oxtail but works best with goat because it takes longer to cook and doesn't melt into the soup like chicken or some beef. As always remember it is spicy so you can use much less peppers if you do not like spicy food.



All you need.



Season Meat. You can do the following directly in your dutch oven or pot.



Add quartered onions and about 2 whole habanero peppers.



Blend remaining peppers, onion, ginger and garlic.



Add seasoning.



Add about 2 cups of water.



Cook till meat starts to brown.



Add tomato sauce or blended fresh tomatoes.



Add about 1cup of water.



Bring to a boil.



Add about 2 more cups of water.



Boil for about 30 – 45 minutes on low and you are done!

Hubbies Spicy Light Soup ~ Ingredients3

Makes about 5 servings ~ Prep time: 10 minutes, Cook time: 1 hour

2 lbs Goat meat (fresh or smoked)

2 whole red onions

10 whole habanero peppers

1 can Crushed Tomatoes with Basil (28oz)

1 2inch Fresh Ginger root

1 tablespoon Garlic powder

1 tablespoon Adobo seasoning

1 whole chicken bouillon

Prep Instructions ~

Dice or quarter a whole onion.

Blend remaining onion, peppers (leave about 2 whole peppers), ginger and garlic.

Season goat meat directly in dutch oven or cooking pot.

Start steaming the meat on medium high.

Add diced onions and 2 whole peppers.

Add blended pepper mixture.

Add seasoning.

Add about 2 cups of water.

Steam meat till it browns about 15 minutes.

Add crushed tomatoes.

Bring to a boil.

Add about 2 more cups of water.

Turn heat on low.

Cook for about 30 minutes or till oil sits on top of the soup.

Enjoy!

Make your ol'man cook ... they know how they just pretend so you don't feel bad! 😊 Love you babe and thanks for this amazing recipe!

XOXOXOX

TZ

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